

before and after actuating the flexible drill.

22. The method of claim 20, where the material to be drilled is selected from the group consisting of bone, cartilage and intervertebral disk.

23. A method of drilling a material, comprising:

- a) providing a drill according to claim 13;
- b) advancing the flexible drill under distortion into the material;
- c) removing the distortion from the flexible drill; and
- d) actuating the flexible drill.

24. The method of claim 23, further comprising passing a guide wire through the flexible drill either before actuating the flexible drill, after actuating the flexible drill, or both before and after actuating the flexible drill.

25. The method of claim 16, where the material to be drilled is selected from the group consisting of bone, cartilage and intervertebral disk.

26. A cutting device comprising a blade connected to the distal end of a flexible shaft;

where the cutting device can be inserted into a material to be cut after accessing the material through a channel comprising a substantially straight proximal section having a long axis and a distal section having a long axis; and

where the long axis of the distal section is curved, or where the long axis of the distal section is substantially straight but varies at least about 10° off of the long axis of the proximal section.

27. The cutting device of claim 26, where the blade pivots from a first, insertion position to a second, cutting position.

28. The cutting device of claim 27, further comprising a locking sleeve surrounding at least part of the flexible shaft;

where the blade has one or more than one notch;

where the locking sleeve can be advanced distally and retracted proximally; and

where advancement distally causes the locking sleeve to engage with the one or more than one notch, thereby locking the blade into the cutting position, and retraction proximally causes the locking sleeve to disengage from the one or more than one notch, thereby unlocking the blade from the cutting position.

29. The cutting device of claim 28, further comprising a sheath having a beveled